

Taylor Community Fitness Calendar

OCTOBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 5:50 AM Taylored Bootcamp with Lena (WS) 9:00 AM Strength & Stretch (WS) 1:00 PM Resident Only Swim Time (WS) 2:00 PM Dance Party in the Pool (WS Pool) 3:30 PM Aqua Circuit Class (WS) 6:00 PM Water Yoga (WS)	3 9:00 AM Strength and Balance (WS) 10:00 AM Aqua Strength (WS) 11:00 AM 30 Minute Balance (WS)	4 5:50 AM Taylored Bootcamp with Lena (WS) 9:00 AM Strength & Stretch (WS) 10:00 AM Chair Yoga (WS) 1:00 PM Resident Only Swim Time (WS) 3:30 PM Aqua Circuit Class (WS)	5 9:00 AM Strength & Balance (WS) 10:00 AM Aqua Strength (WS) 11:00 AM 30 Minute Balance (WS)	6 9:00 AM Strength and Stretch (WS) 1:00 PM Resident Only Swim Time (WS)	7 10:15 AM Water Babies Lessons (WS)
8	9 10:15 AM Tai Chi for Beginners (WS Fitness Center) 1:00 PM Resident Only Swim Time (WS) 5:00 PM Fire Pit Social (WS) 6:00 PM Water Yoga (WS)	10 9:00 AM Strength and Balance (WS) 10:00 AM Aqua Strength (WS) 11:00 AM 30 Minute Balance (WS) 3:30 PM Dog Obedience Lessons with Henry (WS) 11:30 PM Hike Piper Mountain (Gilford NH)	11 9:00 AM Strength & Stretch (WS) 10:00 AM Chair Yoga (WS) 1:00 PM Resident Only Swim Time (WS) 3:30 PM Aqua Circuit Class (WS)	12 9:00 AM Strength & Balance (WS) 10:00 AM Aqua Strength (WS) 11:00 AM 30 Minute Balance (WS) 3:30 PM Dog Obedience Lessons with Henry (WS)	13 9:00 AM Strength and Stretch (WS) 10:15 AM Tai Chi for Intermediate (WS Fitness Center) 1:00 PM Resident Only Swim Time (WS)	14 9:00 AM Run-Away Pumpkin 5K Walk Run (Opechee Park) 10:15 AM Water Babies Lessons (WS)
15	16 9:00 AM Strength & Stretch (WS) 10:00 AM WOW Trail 2nd Half (Meet at WS) 10:15 AM Tai Chi for Beginners (WS Fitness Center) 11:00 AM 20 Min. Adult Swim Lessons (WS) 1:00 PM Resident Only Swim Time (WS) 3:30 PM Aqua Circuit Class (WS) 6:00 PM Water Yoga (WS)	17 9:00 AM Strength and Balance (WS) 10:00 AM Aqua Strength (WS) 11:00 AM 30 Minute Balance (WS) 1:00 PM Wellness Committee Meeting (WS Fitness Center) 2:00 PM Pool Committee Meeting (WS Fitness Center) 3:30 PM Dog Obedience Lessons with Henry (WS)	18 9:00 AM Strength & Stretch (WS) 10:00 AM Chair Yoga (WS) 1:00 PM Resident Only Swim Time (WS) 2:00 PM Veteran Aquatic Exercise Class (WS Pool) 3:30 PM Aqua Circuit Class (WS)	19 9:00 AM Strength & Balance (WS) 10:00 AM Aqua Strength (WS) 11:00 AM 30 Minute Balance (WS) 3:30 PM Dog Obedience Lessons with Henry (WS)	20 9:00 AM Strength and Stretch (WS) 10:15 AM Tai Chi for Intermediate (WS Fitness Center) 1:00 PM Resident Only Swim Time (WS)	21 10:15 AM Water Babies Lessons (WS)
22 11:00 AM Making Strides Against Breast Cancer Walk (Opechee Park)	23 9:00 AM Strength & Stretch (WS) 10:15 AM Tai Chi for Beginners (WS Fitness Center) 1:00 PM Resident Only Swim Time (WS) 2:00 PM Water Meditation Techniques (WS Pool) 3:30 PM Aqua Circuit Class (WS) 6:00 PM Water Yoga (WS)	24 9:00 AM Strength and Balance (WS) 10:00 AM Aqua Strength (WS) 11:00 AM 30 Minute Balance (WS) 1:00 PM Hike Rattlesnake - Holderness (Meet at WS) 3:30 PM Dog Obedience Lessons with Henry (WS)	25 9:00 AM Strength & Stretch (WS) 10:00 AM Chair Yoga (WS) 1:00 PM Resident Only Swim Time (WS) 2:00 PM Veteran Aquatic Exercise Class (WS Pool) 3:15 PM TED Talk A Purposeful Life (Movie Theater) 3:30 PM Aqua Circuit Class (WS)	26 9:00 AM Strength & Balance (WS) 10:00 AM Aqua Strength (WS) 11:00 AM 30 Minute Balance (WS)	27 9:00 AM Strength and Stretch (WS) 10:15 AM Tai Chi for Intermediate (WS Fitness Center) 1:00 PM Resident Only Swim Time (WS)	28 10:15 AM Water Babies Lessons (WS)
29	30 9:00 AM Strength & Stretch (WS) 10:15 AM Tai Chi for Beginners (WS Fitness Center) 1:00 PM Resident Only Swim Time (WS) 3:30 PM Aqua Circuit Class (WS) 6:00 PM Water Yoga (WS)	31 9:00 AM Strength and Balance (WS) 10:00 AM Aqua Strength (WS) 11:00 AM 30 Minute Balance (WS) 2:00 PM Halloween Pool Party (WS) 5:00 PM Halloween Fire Pit Social (WS)				